

## **CLAIMS**

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### **WHAT IS CLAIMED IS:**

1. A multi-purpose exercise system, comprising;

2 a frame comprising:

a first base member configured to contact a support surface;

4 a second base member configured to contact said support surface;

and

6 a selectively inclined cross member comprising a first end  
configured to couple to said first base member, and a second end

8 configured to selectively adjustably couple to said second base  
member;

10 a handlebar selectively and pivotally coupled to said cross member;

an adjustable footpad configured to selectively positionally couple to said  
12 cross member;

a seat configured to slidably couple to said cross member;

14 a first resilient member configured to couple to said handlebar and to  
said frame; and

16 a second resilient member configured to couple to said seat and to said  
frame.

2. The system of Claim 1, wherein said resilient members include a first  
2 end and an opposite end.

3. The system of Claim 2, further comprising a grasping member configured to  
2 couple to said first end of said first or second resilient member, wherein said opposite  
end of said first or second resilient member is configured to couple to said frame.

4. The system of Claim 3, further comprising a third resilient member configured  
2 to couple to said grasping member and to said frame.

5. The system of Claim 1, further comprising a computing device coupled to said  
2 system.

6. The system of Claim 1, wherein said first and second resilient members are  
2 configured to selectively positionally couple to said frame.

7. The system of Claim 1, wherein said first and second resilient members provide  
2 resistance to the movement of said seat, handlebar and grasping member.

8. The system of Claim 1, wherein said resilient members are elastomeric.

9. The system of Claim 1, wherein said resilient members are a spring, surgical  
2 tubing, or cord.

10. The system of Claim 1, wherein said resilient members are selectively  
interchangeable.

11. A method of exercising, comprising:

providing an inclined frame;

resistively coupling a selectively adjustable handlebar to said inclined frame via  
a first resilient member;

resistively coupling a slidable seat to said inclined frame via a second resilient  
member; and

selectively, adjustably, positionally coupling a footpad to said inclined frame;

wherein said exercise device may be utilized to exercise the upper body or the  
lower body of a user, independently, and wherein the inclination of the frame is  
selectively adjustable.

12. A multi-purpose exercise device, comprising;

an inclined frame;

an adjustable handlebar pivotally coupled to said inclined frame;

an adjustable footpad configured to selectively, positionally couple to  
said inclined frame;

a seat slidably coupled to said inclined frame;

a first resilient member configured to couple to said handlebar and to  
said inclined frame; and

a second resilient member configured to couple to said seat and to said  
10 inclined frame,

wherein an angle of said adjustable handlebar with respect to said  
12 inclined frame is selectably adjustable, and

wherein said exercise device allows exercise of an upper body or a lower  
14 body of a user, in combination or independently.

13. The exercise device of Claim 12, wherein said inclined frame comprises:

2 a first base member configured to contact a support surface;

a second base member configured to contact a support surface;

4 and

a selectively inclined rail comprising a first end configured to couple to  
6 said first base member, and a second end configured to selectively, adjustably  
couple to said second base member.

14. A multi-purpose exercise device, comprising;

2 an inclined frame;

an adjustable handlebar pivotally coupled to said inclined frame;

4 a seat slidably coupled to said inclined frame;

a first resilient member configured to couple to said handlebar and to  
6 said inclined frame; and

a second resilient member configured to couple to said seat and to said  
8 inclined frame,

wherein the angle of said adjustable handlebar with respect to said  
10 inclined frame is selectably adjustable, and

wherein said exercise device allows exercise of an upper body or a lower  
12 body of a user, in combination or independently.

15. A method of exercising, comprising:

2 providing an exercise device of Claim 14;

selecting an incline of the inclined frame; and

4 selecting resistance of the device,

wherein the exercise device allows for exercise of the upper body or a  
6 lower body of a user, in combination or independently.

16. The method of Claim 15, further comprising adjusting the height of said handle  
2 bar for a user.

17. The method of Claim 15, further comprising adjusting said seat for a user.

18. The method of Claim 15, further comprising adjusting the angle of said handle  
2 bar.

19. The method of Claim 15, further comprising adjusting the position of said foot  
2 pad.

20. The method of Claim 15, wherein selecting resistance comprises removing or  
2 adding resilient members.

21. A multi-purpose exercise system, comprising;

2 a frame comprising,

a first base member configured to contact a support surface;

4 a second base member configured to contact said support surface;

and

6 a selectively inclined cross member comprising a first end  
configured to couple to said first base member, and a second end

8 configured to selectively adjustably couple to said second base  
member;

10 a handlebar selectively and pivotally coupled to said cross member;

12 an adjustable footpad configured to selectively positionally couple to said  
cross member;

a seat configured to slidably couple to said cross member;

14 a first resilient member configured to couple to said handlebar and  
selectively positionally couple to said frame; and

16 a second resilient member configured to couple to said seat and  
selectively positionally couple to said frame,

18                    wherein said first and second resilient members provide resistance to  
movement of said seat and handlebar.

22.     The system of Claim 21, further comprising a third resilient member configured  
2     to couple to said grasping member and to said frame.

23.     The system of Claim 22, wherein said resilient members include a first end and  
2     an opposite end.

24.     The system of Claim 23, further comprising a grasping member configured to  
2     couple to said first end of said resilient members, wherein said opposite end of said  
resilient members is configured to couple to said frame.

25.     The system of Claim 23, wherein said resilient members provide resistance to  
2     the movement of said seat, handlebar and grasping member.

26.     The system of Claim 21, wherein said resilient members are selectively  
2     interchangeable.

27.     A multi-purpose exercise device, comprising;  
             an inclined frame;  
2               an adjustable handlebar pivotally coupled to said inclined frame;

an adjustable footpad configured to selectively, positionally couple to  
4 said inclined frame;

a seat slidably coupled to said inclined frame;

6 a grasping member;

a first resilient member configured to couple to said handlebar and to  
8 said inclined frame;

a second resilient member configured to couple to said seat and to said  
10 inclined frame; and

a third resilient member configured to couple to said grasping member  
12 and to said frame,

wherein an angle of said adjustable handlebar with respect to said  
14 inclined frame is selectably adjustable;

wherein said exercise device allows exercise of an upper body or a lower  
16 body of a user, in combination or independently; and

wherein said resilient members are selectively interchangeable.

28. The exercise device of Claim 27, wherein said inclined frame comprises:

2 a first base member configured to contact a support surface;

a second base member configured to contact a support surface;

4 and



a selectively inclined rail comprising a first end configured to couple to said first  
6 base member, and a second end configured to selectively, adjustably couple to said  
second base member.

29. The system of Claim 27, wherein said resilient members are selectively  
2 interchangeable.